

Instructions for Using the Adult MVM Calculator

Use the label information from the supplement container to enter the specific ingredient amount per serving (not the % Daily Value).

Supplement Facts		
Serving Size: Two (2) capsules		
	Amount per serving	%Daily Value
Vitamin C (as ascorbic acid)	100 mg	167%
Vitamin B-1 (as thiamin)	1.5 mg	100%
Vitamin B-2 (as riboflavin)	1.7 mg	100%
Niacinamide	20 mg	100%
Vitamin B-6	10 mg	500%
(as pyridoxine HCL)		
Folic Acid	1000 mcg	250%
Vitamin B-12	6 mcg	100%
(as cyanocobalamin)		
Biotin	150 mcg	50%
Pantothenic Acid	5 mg	50%

Other ingredients: Gelatin, whey, magnesium stearate, stearic acid.

The calculator screen will show a default number for each ingredient for adult MVMs, indicating the most common labeled level and its predicted mean level, calculated using the regression equation for that ingredient. Also calculated are the standard errors for the mean and for an individual observation and the % difference from label for the mean prediction.

1. Enter values for any or all 18 ingredients within the range listed below each box. Press the 'tab' key on your keyboard or click outside the box to view entered data. Your calculated results, including your entered data, will appear in **red**.

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Select Values to Save	Ingredient in DSID (Common Synonyms)	Labeled Amount Per Serving (Valid Range for Prediction)	Predicted Mean Value Per Serving	Standard Error for Predicted Mean	Standard Error for Predicted Observation	% Difference From Label for Predicted Mean
<input checked="" type="checkbox"/>	VITAMIN C	100 mg (4 - 1000)	108 mg	1	11	8.3%
<input type="checkbox"/>	VITAMIN E (dl-alpha tocopherol, d-alpha tocopherol)	30 IU (9 - 120.6)	31.8 IU	0.37	3.4	6%

2. Select the 'Save' link near the top of the page.

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3. Assign a profile name to each set of calculations.

The screenshot shows the 'Adult Multivitamin/mineral Calculator' interface. A modal dialog box is open with the title 'Assign a name for this profile of calculations.' It contains a text input field for 'Profile Name:'. Below the input field, there is a red warning message: 'There are some fields unchanged. Do you want to include default values, or save modified data only, or save checked data only?'. At the bottom of the dialog, there are three buttons: 'Include Default Values', 'Use Checked Data Only', and 'Cancel'. In the background, a table is partially visible with columns for nutrient name, labeled amount, predicted mean value, standard error for predicted mean, standard error for predicted observation, and percentage difference from label for predicted mean.

4. Choose either 'Include Default Values' (to include the original values shown on the data entry screen plus the data you changed) or 'Use Checked Data Only' (to include only the data you changed) to save your profile.

5. To add additional profiles to the same file, select 'Add a New Profile' above the columns on the review page. Profiles from both calculators can be saved in one file if desired. **[NOTE:** In order to save these files onto your computer, your browser security settings must be configured to allow cookies.]

The screenshot shows the 'Stored Profiles' page. At the top, there is a navigation bar with 'Home', 'FAQ', 'Glossary', 'Contact', and 'Help'. Below the navigation bar, there is a section titled 'Stored Profiles' with a description: 'This page lists all profiles you want to save. Click "Restart" to remove all these profiles and restart the procedure; click "Add A New Profile" to generate a new profile; click "Save To A File" link to export them into a Microsoft Excel file.' Below this text, there are three buttons: 'Restart', 'Add A New Profile' (circled in red), and 'Save To A File'. Below the buttons, there is a table with the following columns: 'Name', 'DSID Calculator', and 'Details'. The table contains one row with the following data:

Name	DSID Calculator	Details																								
84948	MVM_ADULT	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Labeled Amount Per Serving</th> <th>Predicted Mean Value Per Serving</th> <th>Standard Error for Predicted Mean</th> <th>Standard Error for Predicted Observation</th> <th>% Difference From Label for Predicted Mean</th> </tr> </thead> <tbody> <tr> <td>VITAMIN C</td> <td>100 mg</td> <td>108</td> <td>1</td> <td>11</td> <td>8.3%</td> </tr> <tr> <td>VITAMIN E</td> <td>30 IU</td> <td>31.8</td> <td>0.37</td> <td>3.4</td> <td>6%</td> </tr> <tr> <td>THIAMIN</td> <td>1.5 mg</td> <td>1.4</td> <td>0.026</td> <td>0.24</td> <td>-6.4%</td> </tr> </tbody> </table>	Nutrient	Labeled Amount Per Serving	Predicted Mean Value Per Serving	Standard Error for Predicted Mean	Standard Error for Predicted Observation	% Difference From Label for Predicted Mean	VITAMIN C	100 mg	108	1	11	8.3%	VITAMIN E	30 IU	31.8	0.37	3.4	6%	THIAMIN	1.5 mg	1.4	0.026	0.24	-6.4%
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- In the next window, view your results and save them by selecting 'Save To A File' and filling in the name of your file.

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Stored Profiles

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[Restart](#) | [Add A New Profile](#) | [Save To A File](#) | [Help](#)

Name	DSID Calculator	Details				
84948	MVM ADULT					
Nutrient	Labeled Amount Per Serving	Predicted Mean Value Per Serving	Standard Error for Predicted Mean	Standard Error for Predicted Observation	% Difference From Label for Predicted Mean	
VITAMIN C	100 mg	108	1	11	8.3%	
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THIAMIN	1.5 mg	1.4	0.026	0.24	-6.4%	

- To open a saved file, go to the directory on your computer (in Windows, probably in the My Documents directory) where the file was saved and open using Microsoft Excel. Once the file is saved, it can be manually modified and sorted.

NOTE: Predictions generated from the MVM Nutrient Calculators are estimates and are valid only for interpretation as indicated in DSID documentation.